VISIT…

漢光食藝精粹

Highlight's Chinese Gourmet Cooking

滋補類 Tonic Dishes

滋補類 TONIC DISHES

jpepito王鼎汉

目　錄　Contents

百合蓮子湯	1	Lily Petals Soup with Lotus Seeds
川芎白芷生魚湯	2	Sea-perch Soup
清蒸鱈魚	3	Steamed Cod
清湯燕窩	4	Swallow's Nest Consomme
麻油麵線	5	Sesame Oil Fried Egg with Thin Noodles
清湯銀耳	6	Soup of White Fungus
淡菜燒鷄	7	Dried Mussels with Chicken
炒三冬	8	Bamboo Shoots with Spiced Cabbage and Black Mushrooms
麻油鷄	9	Chicken in Sesame Oil
當歸鴨	10	Duck with Angelica Sinensis
紅燒山藥栗子	11	Stewed Chestnuts with Chinese Yam
海帶牛肉絲	12	Seaweed with Beef Shreds
川草魚	13	Scalded Grass Fish
白汁牛肉	14	Beef in White Sauce
蠔油鮑魚菇	15	Abalone Mushrooms with Oyster Sauce
酒燒鯽魚頭	16	Braised Chub Head with Sherry
干貝冬瓜	17	Scallops with Winter Melon
黃耆子鷄	18	Chicken with Astragalus Reflexistipulus
脆皮豆腐	19	Beancurds Crispy Skin
胡蘿蔔燜牛肉	20	Stewed Beef with Carrots
青菜香菇	21	Green-stemmed Flat Cabbage with Black Mushrooms
絲瓜瘦肉湯	22	Loofah and Lean Pork Soup
烏豆老薑燜豬脚	23	Stewed Pork Hocks with Black Beans and Ginger Root
燉烏骨鷄	24	Stewed Black-bone Chicken with Ginseng

漢光食藝精粹—滋補類

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序

漢光公司出版食藝系列圖書，已有將近六年的歷史。不論食譜的編寫、菜餚的烹製與拍攝，都是由多位經驗豐富的同仁親自動手，協力完成。兼以設計大方，印刷精美，所以問世以來，一直廣爲社會大衆所喜愛。

這一系列中、英文對照的「漢光食藝精粹」，是應廣大讀者的要求而設計的——許多在學的讀友表示，他們以囊中不夠寬裕爲憾；負笈海外的學子則希望將食譜譯爲英文，以便介紹給國際友人。爲此我們特將前批出版的「漢光菜卡」改爲菊十六開本，並加譯英文，以實惠的價格服務讀者。希望此舉對中華食藝的傳習與推廣，能夠有所貢獻。

漢光文化事業股份有限公司　謹識

FOREWORD

We have been publishing our series of cookbooks for six years. Some of our readers who are in school have expressed the need for more economical, low-budget recipes; others who have left the R.O.C. to study abroad have asked that we publish an English edition to introduce their new friends to exciting experience of Chinese cookery. In response to these demands, we have changed our "Chinese Cooking Cards" to $5\frac{7}{8}" \times 8\frac{1}{4}"$ size, added English translations, and kept economy in mind. It is Hilit's pleasure to contribute towards the promotion and understanding of Chinese cooking, a significant aspect of Chinese culture.

Hilit Publishing Co., Ltd.

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百合蓮子湯

LILY PETALS SOUP WITH LOTUS SEEDS

材料：

乾百合½飯碗（或新鮮的百合1飯碗）、去蓮心的新鮮蓮子300公克（或乾蓮子1飯碗）、清水6飯碗。

Ingredients:

½ cup dried (or 1 cup fresh) lilies, 10 ounces fresh shelled lotus seeds (or 1 cup dried ones), 6 cups water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
39.8 g	5.6 g	261 g	——	——	1242cal.

調味料：

冰糖½飯碗。

Seasoning:

½ cup rock sugar

做法：

1. 乾百合浸水一夜後冲洗乾淨（新鮮百合直接洗淨即可）。
2. 乾蓮子浸水4小時（新鮮蓮子直接洗淨即可）。
3. 百合、蓮子加清水、冰糖一起煮滾後，改小火續煮40分鐘即可供食。

Method:

1. Soak dried lilies overnight. Wash. (If you choose to use fresh ones, just wash directly.)
2. Soak dried lotus seeds in water for 4 hours,then wash. (If you choose fresh ones, just wash directly.)
3. Pour water into a deep pot. Add lilies, lotus seeds and rock sugar. Bring to a boil. Lower heat and simmer for 40 minutes. Serve.

功效及說明：

1. 百合、蓮子有潤肺的功能，是夏天最好的清涼補品。
2. 亦可加入薏米、淮山同煮，功用相同。

Note:

1. Generally speaking, lilies and lotus seeds have no medicinal effect in relieving hypertension. However, they are considered "cool" tonics suitable for those who are "hot" in physical constitution.
2. Seed of Job's tears and Chinese yam have the similar effect as lilies and lotus seeds.

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川芎白芷生魚湯

SEA-PERCH SOUP

材料：

生魚1條（約600公克，即台灣淡水魚中的鱸魚）、川芎15公克、紹興酒1大匙、老薑1片、白芷15公克、開水2½飯碗。

Ingredients:

1 sea-perch (about 1.3 pounds), 0.5 ounces chuan-chun, 1 tablespoon sherry, 1 slice old ginger, 0.5 ounces pai-che, 2½ cups boiled water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
126 g	16 g	1.2 g	1200mg	360mg	654cal.

調味料：

鹽½茶匙、味精少許。

Seasonings:

½ teaspoon salt, some MSG

做法：

1. 魚去鱗（澆淋熱開水，可使魚鱗刮得更乾淨）、去內臟和鰓等，切成2～3段，放在砂鍋內，依序舖上拍扁的老薑、白芷和川芎，再澆淋紹興酒和開水。
2. 內蒸鍋蓋上鍋蓋（如無蓋，可包一張蒸糕用的玻璃紙封住），放進大蒸鍋內，隔水蒸燉2小時即可取出。

Method:

1. Scale fish. Remove inner organs and gills. Cut into 2～3 sections. Put in an earthen ware pot. Add wine and water.
2. Cover pot. Place pot in a large steamer. Steam for 2 hours. Add seasonings and serve.

功效及說明：

這道菜有滋補祛風的功用，據說可治頭痛，對婦女尤宜。

Notes:

This dish is especially good for women. It is also said to be effective in curing headaches. Chuan-chun and pai-che can be purchased at Chinese drugstore.

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清蒸鱈魚

STEAMED COD

材料：

鱈魚（3公分厚）1大片、沙拉油3大匙、蔥絲2大匙、薑絲2大匙、清水2大匙。

Ingredients:

1 chunk of cod (about 1" thick), 3 tablespoons oil, 2 tablespoons green onion shreds, 2 tablespoons ginger shreds, 2 tablespoons water

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
70 g	90 g	——	2965mg	220mg	1127cal.

調味料：

醬油3大匙、酒2大匙、味精⅓茶匙。

Seasonings:

3 tablespoons soy sauce, 2 tablespoons sherry, ⅓ teaspoon MSG

做法：

1. 鱈魚洗淨抹乾水份，移入水正大滾的蒸鍋中蒸4分鐘，熄火，燜5分鐘後開蓋，將魚取出，倒去盤中的汁（因其汁腥味重）。
2. 炒鍋入油，放葱、薑絲和調味料及水煮滾，盛起澆淋在魚上即可上桌。

Method:

1. Rinse cod and pat dry. Place in a steamer (water should be boiling). 4 minutes later, turn off the fire. Keep lid on for about 5 more minutes. Remove the lid and pour out the juice in the plate.
2. Pour oil in a pan. Put in shredded ginger, shredded green onion and water. Bring to a boil. Drizzle this over steamed cod. Serve.

功效及說明：

魚肉的蛋白質比其他肉類的含量高，且含有多種營養成份，減肥的人應多吃魚類而少吃其他肉類，就不易肥胖，也不會營養不均或缺乏。

Note:

High in protein, this fish is an ideal food for the dieter.

jpepito王鼎汉

清湯燕窩

SWALLOW'S NEST CONSOMME

材料：

燕窩40公克、鷄肉200公克、葱薑屑各1大匙、鹽½茶匙、酒數滴、清水5飯碗、沙拉油½大匙。

Ingredients:

1.4 ounces swallow's nest, 7 ounces chicken meat, 1 tablespoon chopped green onion, 1 tablespoon chopped ginger, ½ teaspoon salt, several drops sherry, 5 cups water, ½ tablespoon oil

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
20 g	——	12.2 g	1000mg	——	128.8cal.

做法：

1. 燕窩用清水浸軟，再用手搓揉並加入½大匙沙拉油一起揉洗，小心沖水撿洗，將燕窩中所帶的細小羽毛清除。
2. 另取一乾淨煮鍋，放入洗淨的鷄肉、葱、薑和5飯碗清水，用小火煮1小時後，用紗布將渣過濾，留清湯汁備用。
3. 將燕窩放進鷄湯中，再加鹽、酒調味，移入蒸鍋中，以大火蒸25～40分鐘即可供食。

Method:

1. Soak nest in water till softened. Use ½ tablespoon oil to rub nest with. Wash with water and carefully clean out the tiny feathers.
2. Put chicken, green onion, ginger and 5 cups water in a deep pot cook over low flame for 1 hour; filter out all the dregs, and keep the consomme.
3. Put nest in the consomme. Add seasonings. Place in a steamer; steam over high heat for 25～40 minutes. Serve.

功效及說明：

燕窩的品質高下不一，質白透明、入水即柔軟膨大者，屬於上品；下品色澤黃黑，有紅斑。經常服食能強身美容、補虛調理。

Note:

Various kinds of swallow's nests have different quality. The best ones are translucent, quickly softened in the water. Swallow's nest is used as an ingredient for a highly valued Chinese dish. Like other expensive exotic foods such as shark's fin and ginseng, it is believed to be the standard tonic or "supplementary" food for debilitation.

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麻油麵線

SESAME OIL FRIED EGG WITH THIN NOODLES

材料：

麵線1束、老薑數片、鹽½茶匙、黑麻油1½大匙、清湯1½飯碗、鷄蛋1個。

Ingredients:

1 bundle thin noodles, some slices ginger root, ½ teaspoon salt, 1½ tablespoons dark sesame oil, 1½ cups clear stock, 1 egg

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
13.5 g	27.3 g	75 g	1000mg	250mg	646.5cal.

做法：

1. 麵線用水浸洗（要煮以前才浸洗，可浸於水中，等煮時再撈出）。
2. 炒鍋燒熱後倒入麻油，煎荷包蛋，盛起，接著將薑片炒香，倒入清湯、鹽煮滾，再放下麵線和煮好的荷包蛋，續煮至滾開即可。

Method:

1. Wash thin noodles just before you cook them.
2. Stir-fry egg with dark sesame oil over medium flame. Remove the fried egg. Stir-fry ginger shreds for a minute or so. Pour in clear stock and salt. Bring to a boil. Add thin noodles and fried egg. Bring to a boil again. Serve.

功效及說明：

簡便的早餐通常以甜點爲多，而麻油麵線味鹹，是福州的名點，據說十分滋補、活血，適合產婦食用。

Note:

This is a famous Fuchow dish. It is nourishing, invigorating, good for the blood, and regarded as a tonic for women after childbirth.

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清湯銀耳

SOUP OF WHITE FUNGUS

材料：

白木耳10公克、清湯5½飯碗、冰糖4½大匙。

Ingredients:

1.3 ounces white fungus, 5½ cups clear stock, 4½ tablespoons rock sugar

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
67.5 g	0.1 g	7.8 g	——	——	301.9cal.

做法：

1. 白木耳浸泡清水4～6小時，摘去沙根後洗淨，再撈出換熱水續浸2小時使之漲大，撈出滴去水份。
2. 清湯加冰糖、白木耳，用小火慢慢熬成膠粘狀即可食用（唯要注意在熬煮時，爲避免水份蒸發而焦底，須酌加一些開水，保持適量的水份）。

Method:

1. Soak white fungus in water for 4～6 hours. Remove sandy roots and wash. Soak again in hot water for 2 hours till fungus expands. Remove and drain.
2. Put rock sugar and white fungus in clear soup. Simmer over low flame till soup becomes glutinous. (Check often and add water if necessary to avoid scorching.) Serve.

功效及說明：

1. 一般市面所賣的白木耳有純白色和略帶微黃色二種，前者美觀而後者營養較好，讀者可以按自己所需要購買。
2. 木耳爲菌類的一種，常食可潤肺強肌。

Note:

1. There are two kinds of white fungus available in the market, one is pure white, the other a little yellow. The former is more aesthetically pleasant, although the latter is more nutritious.
2. White fungus can strengthen the lungs and beautify the skin.

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淡菜燒鷄

DRIED MUSSELS WITH CHICKEN

材料：

鷄腿2隻（或鷄½隻）、淡菜120～150公克、老薑1片、葱1支、清水1/5飯碗。

Ingredients:

2 chicken legs or ½ whole chicken, 4～5 ounces dried mussels, 1 slice ginger root, 1 green onion, 1/5 cup water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
201.4 g	30.4 g	46.4 g	3000mg	806mg	1333.5cal.

調味料：

醬油3大匙、酒1大匙、冰糖1½大匙。

Seasonings:

3 tablespoons soy sauce, 1 tablespoon sherry, 1½ tablespoons rock sugar

做法：

1. 鷄洗淨切成大塊。
2. 淡菜用溫水浸泡30分鐘，再用手剝洗，同時，拔除腹溝深處的羽毛狀划水羽足，將泥沙洗淨，撈起。
3. 鷄塊、淡菜一起入煮鍋，放下拍扁的老薑、葱，再加入所有的調味料和清水，先用大火煮滾，再改中火煮10～20分鐘即可食用。

Method:

1. Wash chicken. Cut into large pieces.
2. Soak dried mussels in warm water for 30 minutes. Strip carefully piece by piece. In its belly gap, you will find sand and a pseudopod; remove and rinse clean.
3. Put chicken pieces and mussels in a deep pot. Add crushed ginger root, green onion, seasonings and water. Bring to a boil over high heat. Switch to medium flame and cook for another 10～20 minutes. Serve.

功效及說明：

淡菜是海中一種貝肉乾，對婦女十分滋補，常食用可補身養顏。

Note:

Dried mussels are an ideal tonic for women.

jpepito王鼎汉

炒三冬

BAMBOO SHOOTS WITH SPICED CABBAGE AND BLACK MUSHROOMS

材料：

冬筍（或其他筍類亦可）1200公克、清水（或高湯）½飯碗、冬菇12朵、冬菜3大匙、沙拉油4大匙。

Ingredients:

2.6 pounds fresh bamboo shoots, 12 black mushrooms, 3 tablespoons salted cabbage, ½ cup water or stock, 4 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
19.9 g	55.5 g	57.7 g	4085mg	——	787.1cal.

調味料：

醬油2大匙、鹽1茶匙、糖½大匙、味精½茶匙。

Seasonings:

2 tablespoons soy sauce, 1 teaspoon salt, ½ tablespoon sugar, ½ teaspoon MSG

做法：

1. 筍去皮，並削去老的部份，切成長片（直切）。
2. 冬菇浸水2小時，撈出去蒂，再一切爲二或三，小的可不切。
3. 炒鍋入油，先放冬菜炒香，再放下冬菇、冬筍片，翻炒後加入調味料，續炒片刻，倒下清水加蓋燜煮3～5分鐘，其間要翻炒以免味道不勻，煮至湯汁收乾即可供食。

Method:

1. Peel bamboo shoots, slice down the middle. Cut into slices.
2. Soak black mushrooms in water for 2 hours. Cut off stems. Cut each into 2 or 3 parts if the mushrooms are big enough.
3. Heat oil in a pan. Stir-fry spiced cabbage till oil is flavored. Add black mushrooms and bamboo shoots, stir-fry. Add seasonings. Stir-fry shortly. Pour in water and simmer with cover on for 3～5 minutes. Keep stirring to make sure all ingredients are seasoned evenly. When liquid is nearly evaporated, remove from heat. Serve.

功效及說明：

香菇是菌類的一種，含有特殊效能的成份，除能強身外，尙能增強抗癌力，因此應多加利用。

Note:

Besides being healthy, black mushrooms are believed to increase one's immunity to cancer.

jpepito王鼎汉

麻油鷄

CHICKEN IN SESAME OIL

材料：
鷄腿2隻（或鷄½隻）、老薑1塊、胡麻油（黑麻油）5大匙。

Ingredients:

2 chicken legs or ½ whole chicken, 1 slice ginger root, 5 tablespoons dark sesame oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
135 g	100.2 g	——	1195mg	546mg	1626.8cal.

調味料：

米酒½飯碗、鹽½茶匙、味精½茶匙。

Seasonings:

½ cup sherry, ½ teaspoon salt, ½ teaspoon MSG

做法：

1. 鷄洗淨切大塊，老薑洗淨拍扁。
2. 炒鍋入麻油，先把老薑投入爆香，再倒下鷄塊，翻炒數下後澆淋酒、鹽、味精，加蓋燜煮5分鐘即可供食。

Method:

1. Rinse chicken and cut into large pieces. Wash ginger root and crush.
2. Heat sesame oil in a pan. Stir-fry ginger root till oil is flavored. Add chicken pieces. Stir-fry shortly. Sprinkle with sherry and seasoning. Simmer with cover on for 5 minutes. Transfer to serving plate. Serve.

功效及說明：

麻油鷄是福建婦女產後進補的必需品，因此寫出供讀友參考。

Note:

This dish is served as a tonic for women after childbirth in Fukien Province.

jpepito王鼎汉

當歸鴨

DUCK WITH ANGELICA SINENSIS

材料：

紅臉番鴨½隻、清水4飯碗、當歸4公克、黃耆6公克、老薑1片。

Ingredients:

½ whole duck, 0.13 ounces Angelica sinensis, 0.2 ounces Astragalus reflexistipulus, 1 slice ginger root, 4 cups water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
172 g	81.6 g	——	2130mg	560mg	1491.5cal.

調味料：

鹽1茶匙、味精⅓茶匙、紹興酒2大匙。

Seasonings:

1 teaspoon salt, ⅓ teaspoon MSG, 2 tablespoons sherry

做法：

1. 鴨洗淨切大塊，放入滾水中煮1～2分鐘撈起。
2. 將清水倒進鍋中，加當歸、黃耆、老薑和調味料，一起先用大火煮滾，再改用小火燜煮1小時即可供食。

Method:

1. Rinse duck. Chop into pieces. Cook in boiling water for 1～2 minutes. Ladle out and rinse again.
2. Pour water into a deep pot. Add duck, Angelica sinensis, Astragalus reflexistipulus, ginger root, and seasonings. Bring to a boil over high heat, then lower the heat and simmer for 1 hour. Remove. Serve.

功效及說明：

當歸的鴨的鴨子最好用紅臉的番鴨，味道較好，最差是產卵用淘汰的鴨。此菜可補血、強身，補五臟之陰。

Note:

This dish invigorates the blood, strengthens the body and helps cure the internal organs of any malfunction or weakness.

jpepito王鼎汉

紅燒山藥栗子

STEWED CHESTNUTS WITH CHINESE YAM

材料：

山藥375～450公克、栗子150公克（如是鮮果則要300公克）、清水1½飯碗。

Ingredients:

13～15 ounces Chinese yam, 5.2 ounces dried chestnuts (or 10 ounces fresh ones), 1½ cups water

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
16.1 g	9.6 g	188.5 g	3762mg	——	875.3cal.

調味料：

鹽⅓茶匙、醬油3大匙、味精½茶匙。

Seasonings:

⅓ teaspoon salt, 3 tablespoons soy sauce, ½ teaspoon MSG

做法：

1. 山藥去皮洗淨切成方塊。
2. 栗子如是新鮮的可洗淨直接備用；如是乾果，要選色白未經蛀蝕的爲佳，以清水浸泡1夜後剝去紅色膜皮，洗淨備用。
3. 煮鍋中放入所有洗切好的材料、調味料及清水，煮滾後改小火燜煮到汁都收乾，栗子已爛即可食用。

Method:

1. Remove skin from yam. Wash and cut into square pieces.
2. Soak dried chestnuts in water overnight. Remove red membrane. Wash. If you use the fresh chestnuts, just wash.
3. Pour all ingredients, seasonings and water into a deep pot. Bring to a boil. Lower flame. Simmer till all liquid is absorbed and chestnuts are well cooked. Remove. Serve.

功效及說明：

1. 此菜可滋補強身，風濕患者宜常食用，亦可當作糖尿病患的日常食品。
2. 山藥有抗風濕的效力，但本身卻不是治療風濕的食品。

Note：

Chinese yam is a good tonic for the persons who have rheumatism but it has no special effect in curing rheumatism.

jpepito主鼎汉

海帶牛肉絲

SEAWEED WITH BEEF SHREDS

材料：

全瘦牛肉300公克、海帶絲150公克、紅辣椒絲1大匙、鹽2茶匙、沙拉油4大匙。

Ingredients:

19 ounces lean beef, 5 ounces seaweed, 1 tablespoon shredded red pepper, 2 teaspoons salt, 4 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
57.96 g	79.7 g	15 g	3655mg	273mg	1023.5cal.

調味料：

醬油2大匙、鹽½茶匙、糖½大匙、黑醋½大匙、味精½茶匙。

Seasonings:

2 tablespoons soy sauce, ½ teaspoon salt, ½ tablespoon sugar, ½ tablespoon dark vinegar, ½ teaspoon MSG

醃肉料：

薑酒汁1大匙、胡椒粉½茶匙、蘇打粉½茶匙、太白粉2茶匙、麻油½大匙。

Dressing:

1 tablespoon ginger wine, ½ teaspoon ground pepper, ½ teaspoon sodium bicarbonate, 2 teaspoons cornstarch, ½ tablespoon sesame oil

做法：

1. 牛肉切絲，用醃肉料抓勻醃20分鐘（醃肉料要先調拌均勻）。
2. 海帶絲加2茶匙鹽抓拌後，沖洗乾淨。
3. 炒鍋入油，先放下牛肉快速拌炒，炒到肉變色後盛起，再放下海帶絲及調味料，翻炒後加蓋燜煮2分鐘，開蓋加入牛肉、辣椒絲炒勻即可供食。

Method:

1. Shred beef and blend well with dressing. Marinate for 20 minutes.
2. Sprinkle seaweed with 2 teaspoons salt. Rub and rinse.
3. Heat oil in a pan. Quickly stir-fry beef shreds. When beef changes color transfer to a dish. Add seaweed and seasonings stir-fry. Simmer with cover on for 2 minutes. Remove the lid. Add beef shreds and red pepper shreds. Stir-fry, mixing well. Remove. Serve.

功效及說明：

此菜可預防甲狀腺腫大並可補血。

Note:

This dish prevents goiter and nourishes the blood.

pepito王鼎汉

川草魚

SCALDED GRASS FISH

材料：

草魚中段1段（約900公克）、滾水1大鍋、蔥薑屑各1大匙。

Ingredients:

1 section of the middle part of a grass fish (about 2 pounds), 4～5 cups boiling water, 1 tablespoon chopped green onion, 1 tablespoon chopped ginger

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
102 g	34.5 g	——	3030mg	482mg	717cal.

調味料：

醬油膏3大匙、薑酒汁½大匙、葱花½大匙、香菜屑½大匙、味精½茶匙、麻油2茶匙。

Seasonings:

3 tablespoons thick soy sauce, ½ tablespoon ginger wine, ½ tablespoon green onion crumbs, ½ tablespoon chopped coriander, ½ teaspoon MSG, 2 teaspoons sesame oil

做法：

1. 草魚洗淨後從背部剖開（腹部仍相連或切開爲二均可），洗淨抹乾水份。
2. 鍋中加入葱、薑，水滾後改用極小的火，放下魚片加蓋燜煮5分鐘熄火，浸泡3～5分鐘即可撈出盛於盤中。
3. 將調味料混合拌勻，作爲沾料。

Method:

1. Wash grass fish. Cut open from the back being careful not to cut through. Rinse and pat dry.
2. Boil the water with green onion and ginger. Lower flame. Put fish in to simmer with cover on for about 5 minutes. Turn heat off and allow to sit for 3～5 minutes more. Ladle out and place on a plate.
3. Mix seasoning thoroughly. Use seasoning as a dip.

功效及說明：

草魚是高蛋白、低脂肪的食物，有助於減肥，不會影響健康。

Note:

Fish rich in protein and low in fat, is the ideal food for the dieter.

jpepito王鼎汉

白汁牛肉

BEEF IN WHITE SAUCE

材料：

牛腩750公克、馬鈴薯2個、沙拉油3大匙、清水6飯碗、老薑1片、葱1支。

Ingredients:

1.6 pounds beef brisket, 2 potatoes, 3 tablespoons oil, 1 slice ginger root, 1 green onion, 6 cups water

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
132.2 g	201.6 g	50.7 g	2195mg	675mg	2267cal.

調味料：

鹽1茶匙、酒1大匙、味精½茶匙。

Seasonings:

1 teaspoon salt, 1 tablespoon sherry, ½ teaspoon MSG

做法：

1. 牛肉洗淨切方塊，放入滾水中燙煮1分鐘，撈起再冲洗一遍。
2. 馬鈴薯去皮切方塊，用清水浸洗5分鐘。
3. 炒鍋入油，先放下葱、薑炒香，次放牛肉翻炒3分鐘後，加進水和調味汁，用大火煮滾，改中小火再煮30分鐘後加進馬鈴薯，續煮30分鐘即可盛食（其間注意水份如太乾時可酌加一些水份，在煮好時約有一小半湯汁即可）。

Method:

1. Rinse beef brisket and cut into cubes. Parboil in boiling water for 1 minute. Ladle out and rinse.
2. Peel potatoes. Dice. Soak in water for 5 minutes.
3. Heat oil in a pan. Add green onion and ginger and stir-fry till flavors are blended. Add beef brisket and stir-fry for 3 minutes. Add water and seasonings. Bring to a boil over high heat. Then lower flame and simmer for ½ hour. Add potatoes and cook for another 30 minutes. Remove to soup bowl. Serve (The liquid in the pan should not be more than half the original amount while simmering check pot now and then, adding water when needed to avoid scorching.)

功效及說明：

此菜清補，可防高血壓。

Note:

This is a "light, bland" tonic dish beneficial in treating hypertension.

jpepito王鼎汉

蠔油鮑魚菇

ABALONE MUSHROOMS WITH OYSTER SAUCE

材料：

鮑魚菇750公克、沙拉油4大匙、蒜茸½大匙、荷蘭豆75公克、紅辣椒1粒、鹽1茶匙、高湯½飯碗。

Ingredients:

1.6 pounds abalone mushrooms, 4 tablespoons oil, ½ tablespoon chopped garlic, 2.6 ounces snow peas, 1 red pepper, 1 teaspoon salt, ½ cup stock

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
23.3 g	91.3 g	26.4 g	195mg	——	1112cal.

調味料：

蠔油2大匙、糖1大匙、胡椒粉⅓茶匙、味精½茶匙。

Seasonings:

2 tablespoons oyster sauce, 1 tablespoon sugar, ⅓ teaspoon ground pepper, ½ teaspoon MSG

淋加料：

太白粉水1½大匙、麻油1茶匙。

Gravy:

1½ tablespoons cornstarch mixed in water, 1 teaspoon sesame oil

做法：

1. 荷蘭豆摘去頭尾、莢筋，洗淨備用。
2. 鮑魚菇去蒂，切成大片，（若鮑魚菇本身只有直徑5公分左右，則可不必切片），洗淨後再放入滾水中，加1茶匙鹽，待水開1½分鐘後，撈起浸於清水中，使其涼透後撈出瀝乾。
3. 炒鍋入油燒熱，放下蒜茸炒香，再放鮑魚菇、荷蘭豆、紅辣椒，不停翻炒約1分鐘後，加進高湯、調味料，待滾起時灑下淋加料勾芡即可盛食。

Method:

1. String snow peas and tear off ends. Wash and drain.
2. Cut off and discard stems from abalone mushrooms. Slice if the abalone mushrooms are more than 1½" in diameter. Rinse. Parboil in boiling water mixed with 1 teaspoon salt for 1½ minutes. Ladle out and soak in cold water. When cool, drain.
3. Heat oil in a pan. Stir-fry garlic till oil is flavored. Add abalone mushrooms, snow peas, and red pepper, stir-fry for 1 minute. Add stock and seasonings. Add cornstarch paste and sesame oil. Serve.

功效及說明：

此菜有清補作用，熱量低，可促進代謝。

Note:

This is a "light, bland" tonic dish which aids metabolism.

jpepito

酒燒鰱魚頭

BRAISED CHUB HEAD WITH SHERRY

材料：

大鰱魚頭1個、沙拉油4大匙、瘦豬肉5～6片、米酒2瓶、老薑1大塊、蔥1支。

Ingredients:

1 chub head, 4 tablespoons oil, 5～6 slices lean pork, 2 bottles sherry, 1 ginger root, 1 green onion

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
46.6 g	66 g	——	2000mg	138mg	2258.6cal.

調味料：

鹽1茶匙、香菜屑1大匙。

Seasonings:

1 teaspoon salt, 1 tablespoon chopped coriander

做法：

1. 鰱魚頭洗淨，抹乾水份。
2. 炒鍋入油，放下葱（拍扁切碎）、薑（洗淨拍扁）炒香至呈焦色，再放下魚頭，兩面略煎後，放進瘦豬肉。
3. 倒下酒，煮至大滾後，改中火續煮約25～30分鐘，食前放下調味料即可。

Method:

1. Rinse chub head and pat dry.
2. Heat oil in a pan. Stir-fry crushed ginger and green onion till scorched and oil is flavored. Put in fish head; saute both sides lightly. Add lean pork.
3. Pour sherry in. Bring to a boil. Switch to medium flame and cook for another 25～30 minutes. Sprinkle with seasonings and serve.

功效及說明：

1. 鰱魚是淡水魚，可治風濕，但要經常食用才有效。
2. 俗語說「鰱魚頭，鯇魚尾」，是指魚頭中以鰱魚風味最佳，魚尾中以草魚最好吃。

Note:

1. The chub is a kind of fresh water fish that is considered beneficial for those with rheumatism.
2. "The head of the chub, the tail of grass fish" ; it means chub head is most delicious among all kinds of fish heads as grass fish tail for all kinds of fish tails.

jpepito 全鼎汉

干貝冬瓜

SCALLOPS WITH WINTER MELON

材料：

冬瓜900公克、老薑1片、干貝4粒、清水2½飯碗、酒½大匙。

Ingredients:

2 pounds winter melon, 1 slice ginger root, 4 scallops, 2½ cups water, ½ tablespoon sherry

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
27.1 g	1.4 g	11.5 g	2195mg	58mg	177.5cal.

調味料：

鹽1茶匙、味精½茶匙。

Seasonings:

1 teaspoon salt, ½ teaspoon MSG

做法：

1. 冬瓜去皮去籽，切成3公分長片；干貝和適量清水、酒一起浸泡4小時後撈出。
2. 將干貝、水、薑放入鍋中煮滾後，再放下冬瓜續煮25分鐘，加調味料煮勻即可食用。

Method:

1. Peel winter melon and remove seeds. Cut into inch sized pieces. Marinate scallops in water mixed with sherry for 4 hours.
2. Put scallops, water, and ginger in deep pot; bring to a boil. Add winter melon and cook for another 25 minutes. Season. Serve.

功效及說明：

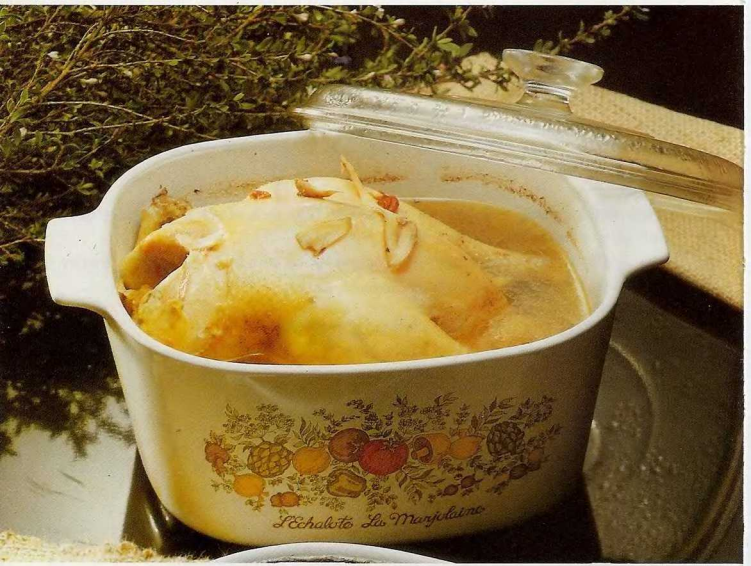
冬瓜可以降血壓，平常不妨多吃；干貝極具滋補作用。

It is said that winter melon can lower blood pressure. Scallops are regarded as a valuable tonic.

jpepito王鼎汉

黃耆子鷄

CHICKEN WITH ASTRAGALUS REFLEXISTIPULUS



材料：

小土鷄1隻（不要超過1200公克）、黃耆6公克、枸杞子2公克、清湯3飯碗。

Ingredients:

1 chicken (not more than 2.6 pounds), 0.2 ounces Astragalus reflexistipulus, 0.07 ounces medlar, 3 cups clear stock

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
112.5 g	21 g	——	2000mg	375mg	688.5cal.

調味料：

老薑1大片、鹽1茶匙、酒1大匙。

Seasonings:

1 slice ginger root, 1 teaspoon salt, 1 tablespoon sherry

做法：

1. 將黃耆、枸杞子、清湯、調味料一起放進有蓋燉盅內。
2. 鷄洗淨（注意頸部和嘴、鼻都有瘤細胞和污物，一定要切除）後，也放進燉盅內，加蓋後入蒸鍋蒸1½小時即可食用。

Method:

1. Place seasoning, Astragalus reflexistipulus, medlar, and clear stock in a tureen.
2. Rinse chicken. Remove internal organs. Put in the tureen. Place in a steamer; steam for about 1½ hours. Serve.

功效及說明：

1. 黃耆可降低血壓，適於糖尿病患者食用，味道甘美。
2. 食時如湯面浮油太多，必須舀除。

Note:

1. Astragalus reflexistipulus can lower blood pressure, it is also beneficial for diabetics.
2. If you feel there is too much grease floating at the top, just skim it out.

jpepito王鼎汉

脆皮豆腐

BEANCURDS CRISPY SKIN

材料：
嫩豆腐4大塊、炸油1鍋、鷄蛋1個、麵粉1飯碗。

Ingredients:
4 beancurds, oil for frying, 1 egg, 1 cup wheat flour

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
40.9 g	88.4 g	81.6 g	3030mg	250mg	1258.5cal.

調味料：

葱花屑2大匙、醬油3大匙、蒜茸1大匙、味精½茶匙、麻油2茶匙。

Seasonings:

2 tablespoons chopped green onion, 3 tablespoons soy sauce, 1 tablespoon chopped garlic, ½ teaspoon MSG, 2 teaspoons sesame oil

做法：

1. 豆腐切成3公分×5公分厚長方形塊，放入滾水中煮滾1分鐘，撈起滴乾水份。
2. 分別將豆腐沾上打勻的蛋汁，再裹上一層乾麵粉。
3. 炸油燒熱後，將豆腐一一放入，炸至呈金黃色即可食用，食時沾混合的調味料即成。

Method:

1. Cut beancurd into cubes (1″×2″). Parboil in boiling water for 1 minute, drain.
2. Beat the egg. Dip beancurd into beaten egg, then coat with flour.
3. Heat the oil for frying. Add coated beancurd and fry till golden brown. Remove. Mix seasonings thoroughly and serve with beancurd as a dip.

功效及說明：

1. 此菜只有趁熱才好吃，因此必須邊吃邊做，外脆內嫩好吃極了。
2. 此菜含植物性蛋白質，含醣量低，糖尿病患者宜食。

Note:

1. Crispy outside and tender inside, this dish is best enjoyed when eaten immediately.
2. This contains vegetable protein only, so it is a perfect dish for diabetics.

jpepito王鼎汉

胡蘿蔔燜牛肉

STEWED BEEF WITH CARROTS

材料：

胡蘿蔔2～3條、葱薑屑各1大匙、清水2飯碗、帶筋牛肉750公克、八角2粒、陳皮1小方。

Ingredients:

2～3 carrots, 1.6 pounds beef with tendon, 1 tablespoon chopped ginger, 2 cups water, 1 tablespoon chopped green onion, 2 star aniseeds, 1 piece dried orange peel

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
147 g	45.9 g	48 g	3335mg	562.5mg	1238cal.

調味料：

醬油3大匙、鹽¼茶匙、酒1大匙。

Seasonings:

3 tablespoons soy sauce, ¼ teaspoon salt, 1 tablespoon sherry

做法：

1. 牛肉切大方塊，洗淨後放入滾水中略煮1分鐘，撈出沖水，瀝乾。
2. 胡蘿蔔去皮切不規則大角塊；陳皮也洗淨。
3. 所有材料、調味料放入鍋中，先用大火滾開後改小火燜煮（其間要注意水份），約燜1小時即可盛食。

Method:

1. Cut beef into large cubes. Rinse, parboil in boiling water for 1 minute. Ladle out and rinse again.
2. Peel carrots. Cut into irregular pieces. Wash dried orange peel.
3. Put all ingredients and seasonings in a deep pot. Bring to a boil over high heat. Lower heat and simmer for 1 hour. (While simmering add water if necessary to prevent scorching.) Serve.

功效及說明：

煮好時只保持水份¼飯碗即可。

Note:

The liquid left in the pot should be no more than ¼ cup.

jpepito王鼎汉

青菜香菇

GREEN-STEMMED FLAT CABBAGE WITH BLACK MUSHROOMS

材料：

青江菜600公克、沙拉油3大匙、鹽1茶匙、香菇8朵、高湯½飯碗、太白粉水1½大匙。

Ingredients:

1.3 pounds green-stemmed flat cabbage, 3 tablespoons oil, 1 teaspoon salt, 8 black mushrooms, ½ cup stock, 1½ tablespoons cornstarch paste

調味料：

鹽1茶匙、糖1茶匙、味精⅓茶匙。

Seasonings:

1 teaspoon salt, 1 teaspoon sugar, ⅓ teaspoon MSG

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
16.7 g	41.2 g	45.3 g	2130mg	——	597.2cal.

做法:

1. 青菜摘去老殘葉子洗淨，切去部份葉子（每棵約8公分左右），再直剖爲二，放進燒開的水中，加1茶匙鹽，燙煮1½分鐘後撈出，並立刻浸於冷水中，沖漂至涼透，撈出舖於盤中，香菇以½碗清水浸泡2小時，去蒂。
2. 炒鍋入油，放香菇炒香，再放下高湯和調味料煮5分鐘，淋下太白粉水勾芡炒勻盛起，倒在已舖好青菜的盤中即可。

Method:

1. Remove and discard withered leaves from green-stemmed flat cabbage. Wash. Cut into 2½″ length. Then cut each again lengthwise in half. Parboil in boiling water mixed with 1 teaspoon salt for about 1½ minutes. Ladle out and soak in cold water when cool. Squeeze out water. Arrange carefully on a plate. Soak black mushrooms in water for 2 hours. Cut off and discard stems. Cut each in half.
2. Heat oil in a pan. Stir-fry black mushrooms till oil is flavored. Add stock and seasonings; cook for 5 minutes. Add cornstarch paste. Pour over green-stemmed flat cabbage. Serve.

功效及說明：

此菜是低脂肪、低醣的食物，可防高血壓及糖尿病等。

Notes:

This dish has lower fat and carbohydrate content, good for the persons who have hypertension and heart trouble.

jpepito生鼎汉

絲瓜瘦肉湯

LOOFAH AND LEAN PORK SOUP

材料：

全瘦豬肉225公克、清湯4飯碗、絲瓜1條（約450公克）、太白粉1大匙。

Ingredients:

7.8 ounces lean pork, 4 cups clear stock, 1 fresh loofah (about 15.6 ounces), 1 tablespoon cornstarch

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
37.4 g	76.9 g	17.6 g	2195mg	157.5mg	908.8cal.

調味料：

鹽1茶匙、味精½茶匙、麻油1茶匙、薑茸½大匙。

Seasonings:

1 teaspoon salt, ½ teaspoon MSG,1 teaspoon sesame oil, ½ tablespoon chopped ginger

做法：

1. 豬肉切成0.1公分薄大片，用太白粉抓拌均勻。
2. 絲瓜用小刀刮去外皮及內外皮之間的一層保護皮（較厚而硬），切去蒂和尾，再洗淨分切成4～5段，再對剖，切成片。
3. 將清湯煮滾，放下豬肉和調味料，待水再開1分鐘後，再放下絲瓜片續煮1½分鐘即可盛食。

Method:

1. Cut lean pork into thin slices. Mix well with cornstarch.
2. Peel loofah and slice down the hard membrane. Cut off and discard stem and end part. Wash. Cut into 4～5 sections, then cut each section into slices.
3. Bring clear stock to boil. Add pork slices and seasonings; boil for 1 minute. Add loofah slices. Boil for 1½ more minutes. Serve.

功效及說明：

此菜極清淡，可預防糖尿病。

Note:

This is a " light, bland" tonic dish, and is said to help diabetes.

jpepito王鼎汉

烏豆老薑燜豬腳

STEWED PORK HOCKS WITH BLACK BEANS AND GINGER ROOT

材料：

烏豆150公克、豬脚（前蹄）1隻、老薑1大塊、米酒1大匙、清水5飯碗。

Ingredients:

5 ounces black beans, 1 pork hock (foreleg), 1 ginger root, 1 tablespoon sherry, 5 cups water

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
92.6 g	187.2 g	22.8 g	2195mg	210mg	2216cal.

調味料：

鹽1茶匙、味精½茶匙。

Seasonings:

1 teaspoon salt, ½ teaspoon MSG

做法：

1. 豬脚刮洗乾淨，最好注意拔去短粗的毛根，放開水中燙煮2分鐘，撈出冲洗。
2. 烏豆洗淨，老薑洗淨拍扁。
3. 將所有材料、清水、調味料放入鍋中，煮滾後改小火燜煮1½小時即可供食（其間注意水份，不可太乾，也要時常翻攪以免味道不勻）。

Method:

1. Scrape pork hock clean. Pluck out hairs. Parboil in boiling water for 2 minutes. Remove and wash clean.
2. Wash black beans and ginger root clean. Pat ginger root flat.
3. Pour all ingredients and seasoning into a deep pot. Bring to a boil, then lower flame. Simmer for 1½ hours. Serve. (Check on frequently, stirring occasionally and adding water if necessary to avoid scorching and to assure that hocks are always submerged in seasonings.)

功效及說明：

烏豆能去濕、補身，風濕患者宜食用。

Note:

Black beans are said to dispel "dampness", which is beneficial to those with rheumatism.

jpepito王鼎汉

燉烏骨鷄

HOMEMADE WINE-MARINATED C ABS

材料：

烏骨鷄1隻（約1200公克）、老薑1片、葱1支、紅米3大匙、高麗參（或參鬚）6公克。

Ingredients:

1 black-bone chicken (about 2.6 pounds), 0.2 ounces Korean ginseng, 1 slice ginger, 1 green onion, 3 tablespoons red rice

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
180 g	33.6 g	——	1000mg	560mg	1109cal.

調味料：

鹽½茶匙、高粱酒1大匙。

Seasonings:

½ teaspoon salt, 1 tablespoon Kaoliang wine (or vodka)

做法：

1. 先將鶏的內臟取出洗淨，再將易藏污物的喉部壓擠出來，切去鶏尾的油脂。全鶏切成塊狀，或整隻用滾水（浸過鶏身）燙煮1分鐘取出再洗淨，移放砂鍋中。
2. 紅米洗淨放入鶏內，加人參、葱、薑及清水（能浸過鶏身的份量），加蓋先用大火煮滾，改用小火並舀去浮油和泡沫續煮。
3. 鶏湯一直煮到只有一半的份量（其間要翻動鶏身），食時加鹽和酒即可。

Method:

1. Rinse chicken. Remove entrails from chicken. Cut off the tail. Cut chicken into pieces or just parboil the whole chicken in boiling water (chicken should be to totally submerged) for 1 minute. Place in an earthen ware pot.
2. Wash red rice. Stuff in chicken with rice, ginseng, green onion, ginger. Fill water to cover chicken. Put lid on. Bring to a boil over high heat. Lower flame, skim off grease and bubbles. Bring to boil again.
3. Continue simmering till there is only ½ original amount of liquid left. (Stir chicken frequently while simmering) season with salt and wine before serving.

功效及說明：

1. 高血壓患者，人參的份量宜減半，貧血、低血壓、寒冷症的人，才能用紅參。
2. 參爲名貴中藥，但不是萬能藥，未經名醫確實指導，不能服用，否則反受其害。讀友要注意，常患寒熱無汗及胸悶痰多的人不可使用。
3. 食用時再放調味料，可減少營養破壞而損失。

Note:

1. If this dish is serve to those suffering from hypertension, just reduce the amount of ginseng by ½. If being prepared for those with anemia, hypotension or fever and chills use figwort (another kind of ginseng) instead.
2. Ginseng is one of the most highly valued medicines in China. However, it is not panacea. Never take it without a doctor's prescription. Furthermore, those who suffer from fever, dehydration and suffocation should not take ginseng.
3. To avoid loss of nutriments, season only when ready to serve.

jpepito王鼎汉

漢光食藝精粹全套六册

- 蔬菜素菜類 Vegetarian Dishes
- 豬牛類 Pork & Beef Dishes
- 鷄鴨類 Chicken & Duck Dishes
- 海鮮類 Seafood Dishes
- 滋補類 Tonic Dishes
- 點心類 Dimsum Dishes

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